

# Natural Rearing Newsletter ©

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**FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES**

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## BioSET--NEW MILLENIUM MEDICINE

### Introduction

This will be one of the most important special reports we have ever published. It is fitting that as we say goodbye to the 19—'s that we look forward to what we can expect to see in the near and not too distant future. We live in such exciting times with rapid advancement of technology and mankind's understanding of the physiology of the body growing at an exponential rate.

The "physical" body of medicine that has been taught during the last century is slowly being integrated with the knowledge of ancient millenniums of "energy" medicine. This, combined with new technological instrumentation, will bring about a new kind of "healer" that could probably be best called a "Functional Medical Practitioner".

My crystal ball does not reveal the time frame but it is inevitable that we will see the demise of most current orthodox medical and veterinary protocols. Even many of the present "holistic" protocols will change or be integrated with the approach used by the Functional Medical Practitioner. Why am I so convinced this will happen? The answer is both simple and complex.

The simple reply is that clinical and practical experience will demonstrate such a high ratio of success in alleviating such a broad scope of maladies that it cannot be denied. "Officialdom" will not be able to stop the groundswell of new knowledge as the "grass roots" people recognize and spread the word that this approach works. You and yours can be well again!

Is this all a dream? Emphatically NO!!  
**It's happening now and YOU need to know about it!**

In this report I will give you a detailed explanation of this "cutting edge" of new medicine, how and why it works, and how Dr. Ellen Cutler is at the forefront in research and teaching other professionals to become a "Functional Medical Practitioner". The integration of physical/energy medicine with modern computer technology is in its infancy but is now a reality!

(1)

Historians tell us that in ancient China "healers" were paid by their patients to keep them well. If the patient got sick the healer either cured the illness or was not paid! Under this arrangement the healer had to have a high ratio of success or he/she was simply run out of practice. So we can see that the concept of a F.M.P. (Functional Medical Practitioner) has existed for millenniums.

So what was the great secret that made the ancient healer so successful? A complex knowledge of the body's energy meridians, the connection between certain points along the meridians that corresponded to the physical parts of the body (i.e. organs, glands, etc.), and what was needed to achieve a proper balance for good health (homeostasis). His success in large part was due to the highly trained ability to detect an imbalance at the energy level and correct it before it could manifest in a physical problem.

So was he perfect? No, not by a long shot. Infectious disease still ran its course and people still died from various causes. Nevertheless, a great body of knowledge had been gleaned from centuries of practical, clinical experience and passed on to future generations.

Recognition of the relationship between the "energy" levels and the "physical" parts of the body spread to many Eastern parts of the world with several added modalities. Meanwhile, the Western world was developing a more and more sophisticated understanding of the physical body and its working components while largely ignoring the concept of a definitive relationship with any "energy" component in medicine.

Let us not underrate the magnificent contribution that the Western world has made to mankind's knowledge and understanding of the physical operation of the body's components. We are blessed with the creative genius that has provided us with a foundation to build upon in creating tomorrow's system of medicine. Let us instead turn our attention towards understanding the "marriage" of Eastern and Western knowledge with presently available technology. Stay with us now, for the rest of this report could change your life and your concept of being healthy.

## Overview

Dr. Ellen Cutler has developed a highly effective protocol that she has named BioSET. She is teaching the system to other health care professionals and the clinical results so far are nothing short of amazing. More about this later.

The F.M.P. of tomorrow will use a three-step approach to provide the best picture of the present overall status of the patient and arrive at the optimal solution for the body to regain or maintain homeostasis as far as is possible.

The first step will involve testing to determine if there are any blockages or imbalances in the energy meridians of the body. The second step will be to determine the level of toxicity that may be residing in the body. The third step will be to determine the basic nutrients that the body will need to accomplish maximum enzyme efficiency. All of these can be determined by testing with the latest computerized equipment.

From this analysis, a step by step program of treatment will be designed to bring about free flowing energy, detoxify the body, eliminate undesirable pathogens, reprogram the immune system for inappropriate responses and provide the nutritional building blocks for enzymes, with the object of providing the highest degree of health that the body is capable of under present conditions.

The practitioner and the patient will work closely together. The practitioner will provide the guidance and for a change, the patient will be empowered with executing the treatment(s) and following a predetermined nutritional path.

## Technology

Because the entire field of "energy" medicine is to a large degree greeted with skepticism by the majority of the orthodox medical community, it is important that you have a basic understanding of the advancement of knowledge that modern technology has provided

The computerized equipment presently utilized by Dr. Cutler and others is named the "BEST" system (BioEnergetic Stress Test). The technology rests on research originally conducted in the 1950's by Reinhold Voll, a German medical doctor with a significant background in electrical engineering. His studies showed conclusively that the acupuncture points used for millennia by Chinese physicians were in fact, more electrically active than the tissue around them. Using a sensitive electrical resistance meter, Voll not only identified the traditional specific electrical acupuncture points, but also found more than 500 additional points not described in the classical literature.

Voll was a towering figure in the history of Western bioenergetic medicine and his discovery of the electrical characteristics of acupuncture points was only the beginning.

In traditional theory, acupuncture points are described as lying along pathways called meridians that correspond to major organs and systems in the body. Using

this as a basis, Voll not only showed that acupuncture points were areas of increased electrical activity, but that those electrical characteristics changed based on stresses affecting the associated meridians and organs—exactly as described by the ancient texts in China.

During almost four decades of research, Voll and his colleagues tested thousands of patients suffering from conventionally diagnosed diseases. Voll found that changes in the electrical activity of the meridians clearly reflected the pathology associated with individual disease states.

Voll's observations confirmed the classical Chinese understanding that for good or ill, changes in health show first in the meridian system, often long before pathology appears in the cells and tissues. By repeatedly surveying the meridians of patients over the course of their treatment periods, he was able to confirm that electrical characteristics at the points presented a powerful window on the state of functional health over time. Patients who were healing exhibited positive changes in the readings at the acupuncture points. Patients who were failing showed electrical signatures consistent with their degenerative states. After compiling a massive amount of data, Voll was able to establish "normal" and "abnormal" ranges for various acupuncture points. In succeeding years, the technique came to be known as EAV (Electro-Acupuncture According to Voll).

The next major development in EAV came about largely by accident. In the late 1950's, Voll began teaching EAV to other doctors. During one seminar, he tested a subject who showed an abnormal reading at the point associated with the prostate gland. After taking the readings, Voll called a break in the proceedings. When the group reassembled, Voll retested the point and found that it read as balanced! Since only a few minutes had passed, Voll asked the patient if he'd done anything during the break that might have altered his readings. The patient answered no, but did mention that one of the doctors in the class had handed him a homeopathic remedy for prostate and the bottle was currently in his pocket.

Voll had the patient remove the bottle from his pocket and place it on the table, out of contact with his body. He then retested the prostate point, which had returned to the previous unbalanced level. Voll placed the bottle back in the patient's pocket, tested again, and found that the point once again showed a balanced reading.

This discovery has been verified countless times since and has probably had a more powerful effect on the development of EAV than any other factor. By providing a directly observable link between a remedy and an instantaneous observation of change in the energetic terrain, it paved the way for an entirely new combination of assessment procedures and therapeutic tools!

By the mid-1980's, research into EVA and computer technology had progressed far enough to enable the creation of a computerized EVA system. Physicians and engineers working together found that Voll's discovery of medicine testing was only the beginning of the phenomenon. (2)

Voll showed clearly that a substance placed close to the body could change the nature of the energy system. The new research showed that through a complex digital linking process, **the energetic signature** of substances could be encoded in a computer database that would produce the **same changes that the physical substance did.**

The inclusion of a computer database eliminated the need to have actual samples of test substances in the circuit and allowed testing of hundreds of items in a fraction of the time that had previously been required.

Since then, several generations of computerized systems have followed, each building on the ever increasing understanding of bioenergetic medicine and the rapid evolution of computer technology. The "BEST" system is the latest in that line. It combines the most powerful features shared by the leading systems of the previous generations with state of the art electronics and database software, and it's taken sensitivity testing into the next century. 'Best' of all (pun intended) the system is registered and approved by the FDA.

To quote Dr. Cutler " I found out early on that creating real precision in sensitivity testing and truly individualized treatment protocols required an instrument like this one. The number of things I am able to find now with the BEST system is staggering—like the neurotransmitter sensitivity that clears up a chronic insomnia problem, or the phenolic sensitivity that eliminates a long term struggle with migraines, or the cotton allergy that causes severe eczema, or an enzyme that helps a woman lose 20 lbs. and return to normal blood sugar values after years as an adult diabetic. I am in awe of the things this technology has made possible"

#### Ellen W. Cutler, D.C. and BioSET

Dr. Cutler has coined the term BioSET (Bioenergetic Sensitivity and Enzyme Therapy) to describe a revolutionary new healing system that incorporates true energetic medicine, enzyme therapy and complete food and environmental allergy elimination. The system is based on more than 20 years of practice in the area of enzyme therapy, food allergy elimination, food digestion, nutrition, muscle testing, bioenergetic testing and chiropractic and acupuncture reflex techniques.

She is the author of "Winning the War against Asthma & Allergies" and "Winning the War against Immune Disorders & Allergies".

By incorporating Dr. Nambudripad's Allergy Elimination Technique (N.A.E.T.) with extensive knowledge of biochemistry and enzyme therapy, and combining her practical experience with computer technology, she has developed a series of seminars that are now being taught to other health care professional from many parts of the world. The BioSET approach takes N.A.E.T. to the next level of effectiveness. (For a full explanation of N.A.E.T. see our newsletter Volume 3 Issue #5 of January 1999.)

If we are to judge a health care system by successful results, then BioSET must be considered as the leading edge of things to come. (3)

When I returned home from Dr. Cutler's 'introductory' seminar series, I was both exhausted and excited. Exhausted from the sheer weight of material presented and excited about incorporating the BioSET system with what we had been doing to help our critters and ourselves live healthier lives.

After completing her 'advanced' seminar series I knew that I must get the word out that here was a system that provided remarkable results, made a lot of sense, and was applicable to animals as well as people.

As you know I have been associated with holistic health care for several years. For many of the MD's etc. attending the seminar series, it was their first exposure to anything outside of orthodox medicine. You can imagine their reaction when Dr. Cutler got into successfully treating such things as Chronic Fatigue Syndrome, Fibromyalgia, Systemic Lupus Erythematosus, Multiple Sclerosis (MS), Thyroid problems, Lyme disease, Gulf War Syndrome, Insomnia, Rheumatoid Arthritis, Sleep Apnea, Systemic Candidiasis, Hepatitis, Anemia and a long list of other maladies. When she spoke of total relief from sinus problems, asthma, and migraine headaches, you could see the Doctors shaking their heads and wondering what they had been doing all these years.

Now you must understand that Dr. Cutler's work is extremely well documented with clinical cases and she is a respected practitioner that has a natural gift as a teacher. Other professionals have confirmed that the BioSET system does exactly what she says it does, and are using it in their daily practices with the same results. The word is just starting to spread in the health care community and in my humble opinion, it is destined to become the wave of the future.

#### A Brief Review of N.A.E.T.

As N.A.E.T. is an integral part of the BioSET treatment system, a brief review at this point, is in order. Dr. Devi Nambudripad developed a technique to reprogram the immune system at the energy level to eliminate allergies. An allergy is fundamentally an inappropriate response by the immune system in recognizing the "good guys" from the "bad guys". For example, it may erroneously identify a normal food substance as an antigen and react by attacking it. The symptoms generated from the attack are deemed to be "an allergic reaction".

Dr. Nambudripad discovered that if the problem substance was held in close contact with the body and a simple acupressure treatment was performed and applied down the spinal column, the immune system could be reprogrammed to recognize the substance in an appropriate fashion. After the acupressure treatment was complete, the substance has to be avoided for the next 25 hours to give the various energy meridians sufficient time to adjust the immune system.

In itself, N.A.E.T. is a major breakthrough in the treatment of allergies. That such a simple, non-invasive, procedure can have such far reaching effects is a giant step towards developing the medicine of the next millennium.

in keeping with Voll's discoveries that a substance placed close to the body could change the nature of the energy system, N.A.E.T. was the first practical treatment application of the principals involved.

N.A.E.T. is not a magic bullet that clears up all allergies in one shot. It is a step by step process requiring that both the patient and the practitioner work together to achieve total cure.

### From N.A.E.T. to BioSET

Dr. Nambudripad's technique placed emphasis on the elimination of food and environmental allergies. Dr. Cutler, after many years of using N.A.E.T. in her practice experienced the odd occasion where the patient would experience aggravated symptoms or increased sensitivities. From past experience she recognized that these patients were going through a process of detoxification. The healing process itself was adding to the toxic levels of the body.

She reasoned that prior to the food allergy elimination process it would make sense to first balance the energy pathways, then enhance the body's ability to detoxify. She felt that detoxification, elimination, and drainage should be an essential preliminary procedure in developing her protocol.

### Some Basics—Detoxification

When we think of a toxic disturbance in the body we generally only consider man-made pollutants such as chemicals, pesticides, preservatives, etc. But the body is called upon to handle much more. Consider if you will these additional exogenous (outside the body) toxins. Natural environmental pollutants such as radon, heavy metals, pollens, plants, etc., biological organisms and their by-products such as bacteria, viruses, parasites and fungi. To this mixture we must add the residues of drugs, vaccinations, etc.

In addition the body creates its own physical toxins in the form of metabolic waste (uric acid, nitrogen, etc.), free radical waste and digestive waste (i.e. Dysbiosis, Incomplete digestion from poor food sources or overworked digestive system.) The system is also required to cope with external energy disturbances such as electromagnetic emanations from high voltage cables, computers, electronic devices, etc. We are constantly bombarded with a variety of sound frequencies, color frequencies, etc that affect our energy pathways.

Sometimes we are faced with inherited toxins or toxic information causing genetic disorders. Is it any wonder then that many people and animals suffer from toxic overload?

Prior to attending Dr. Cutler's seminars I had occasion to experience the detox. phenomenon on a dog we were treating for food allergies. The first couple of treatments were fine and things seemed to be getting better. The very next treatment caused severe skin eruptions over a major portion of the dog's body. Over the next few days the problem gradually resolved itself but it taught me the wisdom of following the BioSET protocol. (4)

Toxic load reduction is widely recognized as essential for the restoration of good health. Although the problem of toxicity has received considerable attention from holistic health advocates, it is only recently that the process and mechanisms of detoxification have been well understood.

The body has a certain capacity to detoxify itself, but when this is exceeded, toxins deposit both within and around the cells, causing a wide variety of problems. The symptoms of toxicity may take years to manifest after initial exposure, making it difficult for one to determine where the original source of the symptom comes from.

Competent digestion is paramount in the area of detoxification. Each of the detoxification processes of the liver (especially phase 1) involves enzymatic support. Proper digestion does not deplete the enzyme reserves important for these metabolic processes. When foods such as protein, are not digested properly, our metabolic enzymes are utilized to digest rather than support detoxification. This can lead to autoimmune and other chronic diseases. More on this important aspect follows.

Relocation of toxins can occur when detoxification is conducted on an individual without sufficient drainage or without optimal elimination, or suppressive treatments are used without addressing the underlying pathology.

Thus an integral part of the BioSET system is to ensure that the organs and systems of the body responsible for detoxification and proper drainage are attended to at the early stages of any treatment.

### BioSET and Enzyme Therapy

**When there is illness in the body you can be sure that there is something wrong with the enzyme activity! When all enzyme activity stops, the body stops functioning and dies!**

Did that get your attention? Good, bear with me now while we get into a little detail of how and why Dr. Cutler developed a comprehensive utilization of enzyme therapy as part of the BioSET system.

#### What are enzymes?

Enzymes are complex proteins in the body that cause chemical changes in other substances in order to provide the labor force and energy necessary to keep us alive. They are energy catalysts that are essential to the successful occurrence of over 150,000 biochemical reactions in the body, particularly involving food digestion and the delivery of nutrients to the body.

Enzymes perform so many important functions in the body that they have been called the basis of all metabolic activity. Some of their responsibilities are as follows:

- ◆ Transform foods into muscles, nerves, bones and glands.
- ◆ Help to store excess nutrients in muscles or the liver for future use.
- ◆ Help to rid carbon dioxide from the lungs.
- ◆ Metabolize iron for utilization by the blood.

- ◆ Aid in blood coagulation
- ◆ Extract minerals from food for use.
- ◆ Decompose hydrogen peroxide and liberate healthful oxygen
- Attack toxic substances in the body so they can be eliminated (essential for patients with chronic health problems).
- ◆ Help convert dietary phosphorus to bone.
- ◆ Convert protein, carbohydrates, fats, vitamins, and nutrients for the body's use.

In other words, enzymes deliver nutrients, break down and carry away toxic waste, digest food, purify the blood, deliver hormones, balance cholesterol and triglyceride levels, feed the brain, build protein into muscle, and feed and fortify the endocrine system. They also contribute to immune system activity. White blood cells are especially enzyme-rich in order to digest foreign invading substances.

Enzymes act as a catalyst to speed up a chemical reaction. They are not destroyed or changed in the process. However, the number of enzymes we can produce is limited. Every body is born with an enzyme potential or number of enzymes the body can produce in a lifetime. This number is determined by the DNA code. Each enzyme can only perform a certain amount of work before it becomes exhausted and must be replaced by another. If we do not eat an enzyme-rich diet, we deplete our enzyme potential without replenishing it. Cooking or processing foods effectively destroys their enzyme content. This is why supplementation and a good diet are essential.

Types of enzymes. There are three main categories of enzymes: metabolic, digestive, and food.

#### Metabolic Enzymes.

Metabolic enzymes are produced internally and are responsible for running the body at the level of the blood, tissues, and organs. They are required for the growth of new cells and the repair and maintenance of all the body's organs and tissues. Metabolic enzymes take protein, fat, and carbohydrates and transform them into the proper balance of working cells and tissues. Metabolic enzymes also remove worn-out material from the cells and keep them clean and healthy.

#### Digestive Enzymes

Digestive enzymes are produced internally and deal with the digestion of food and the absorption and delivery of nutrients throughout the body. The most commonly known digestive enzymes are secreted from the pancreas into the stomach and small intestine. Each enzyme is specific to a particular compound, which it can break down or synthesize. The three most important enzymes for digestion are protease, amylase, and lipase. They digest protein, carbohydrate, and fat, respectively.

#### Food Enzymes

Food enzymes (the only ones produced externally) are derived solely from **raw foods** and supplements. (5)

They help the digestive enzymes break down food. Food enzymes must also have the presence of vitamins and minerals, called coenzymes, for proper functioning. Unlike raw enzymes, coenzymes are not completely destroyed by cooking. Because raw food enzymes become useless after heat processing, coenzymes in our diet are not utilized to their full potential.

The following are the main digestive enzymes that are used therapeutically to help restore the body's homeostasis and strengthen the immune system:

- ◆ **Protease**—breaks down protein into amino acids; acts on pathogens such as bacteria, viruses and cancer cells; works best in the high acidity of the stomach; also found in pancreatic and intestinal juices.
- ◆ **Amylase**—breaks down carbohydrates (starches) into simpler sugars such as dextrin and maltose; found in the saliva, pancreas, and intestines; secreted by the salivary glands and the pancreas.
- ◆ **Lipase**—along with bile from the gallbladder, breaks down fats into glycerol and fatty acids and the oil-soluble vitamins A, D, E, and F; helpful in losing weight and for cardiovascular conditions.
- ◆ **Cellulase**—breaks down fiber and cellulose found in fruits, vegetables, grains, seeds, and plant material; increases the nutritional value of fruits and vegetables.
- ◆ **Pectinase**—breaks down pectin-rich foods such as citrus fruits, apples, carrots, potatoes, beets, and tomatoes.
- ◆ **Lactase**—breaks down lactose, the complex sugar in milk products; ideal for lactose-intolerant individuals; production usually decreases with age. (Note: NAET treatment for lactose combined with lactase enzyme effectively takes care of lactose intolerance.)
- ◆ **Cathepsin**—breaks down meat from animals.
- ◆ **Antioxidant enzyme**—protects us from the negative effects of free radicals (highly reactive compounds that can damage the body).
- ◆ **Bromelain**—breaks down food protein into smaller peptones by hydrolysis; helps the body to fight cancer, improves circulation, and treats inflammation; after a musculoskeletal injury it can reduce inflammation as well as, or even better than, any anti-inflammatory drug; said to improve the effect of some antibiotics; assist in the absorption of nutrients from foods and supplements; reduces swelling after dental surgery; increases tissue permeability; prevents the narrowing of arteries that contribute to heart attacks.
- ◆ **Papain**—breaks down food protein into smaller peptones by hydrolysis; aids body in digestion.
- ◆ **Glucoamylase**—breaks down maltose (the sugar in all grains) into two glucose molecules, allowing greater absorption of this energy-giving sugar.
- ◆ **Invertase**—Helps to assimilate and utilize sucrose (a sugar that contributes to digestive stress if not properly digested).
- ◆ **Catalase**—breaks down hydrogen peroxide to water and oxygen. It is found in almost every cell. Catalase plays an important role in immune function. It destroys any hydrogen peroxide that forms in the cell. Hydrogen peroxide is formed during energy production. If the body is deficient in catalase, hydrogen peroxide builds up and is very toxic to the cell.

Currently about 3,000 enzymes have been identified in human and animal cells. Research continues and at this time indicates that more are to be found. Western science has made great strides in developing a foundation of knowledge to utilize enzyme therapy in health care.

Enzymes play a vital role in building and strengthening a healthy immune system. As you are all aware, this is one of the primary goals of "Natural Rearing".

When digestion is poor, and substantial amounts of food remain undigested, these undigested food residues can seep into the bloodstream. They are viewed by the immune system as "antigens" and quickly become attached to antibodies and form antigen-antibody complexes known as "circulating immune complexes" (CIC's). These tiny immune complexes float freely in the blood or the lymph until they are consumed by the larger macrophages. (In previous newsletters we have referred to macrophages as the clean up crew—the garbage collectors of the immune system.)

If these CIC's are overlooked by the macrophages, or if drugs, steroids or excessive antibiotics suppress the macrophages, the CIC's grow in size and latch themselves onto body tissue. Then the backup immune defense system (T and B cells produced by the bone marrow), start destroying their own tissue cells in an attempt to destroy the CIC's. Thus an autoimmune response occurs, creating inflammation, redness and swelling. Certain enzymes, especially protease, can break up the CIC's.

Arthritis, colitis, fibromyalgia, asthma, migraines, and Hashimoto's thyroiditis are examples of autoimmune activity at work. Dr. Cutler has found that all respond favorably to enzyme therapy.

Enzyme preparations can be used to treat a wide variety of chronic inflammatory conditions including candidiasis, bronchitis, bacterial infections, kidney infections, ear infections, sinusitis, herpes zoster, and herpes simplex 1 and 2.

Enzymes, by restoring digestion, cleansing the area, and preventing the formation of circulating immune complexes and autoaggressive reactions, can be beneficial to sufferers of colitis, Crohn's disease, and irritable bowel syndrome.

Let me give you a couple of examples of how enzyme therapy and N.A.E.T. can work together to provide an effective treatment for an ailment.

Hypoglycemia (low blood sugar) has a number of causes and eating protein is not always the answer. In fact, the most common cause of hypoglycemia is a problem with protein consumption. Fifty percent of the protein we consume is converted to sugars in the body to provide nourishment and energy. When intolerant of or allergic to protein, the body cannot utilize the amino acids needed to make sugar, and we become hypoglycemic. We must digest and tolerate protein in order to make use of the amino acids. Although elimination of the allergy or intolerance to protein is crucial (treated via N.A.E.T.), enzymes, particularly protease, can also be helpful.

Sugar allergy is also important in understanding hypoglycemia. If one cannot digest and absorb the sugars then hyperglycemia (high blood sugar) and hypoglycemia can develop. When blood sugar levels are too high as a result of overconsumption and poor digestion of sugar, the pancreas secretes too much insulin that brings blood sugar levels crashing. Ultimately, this can exhaust the pancreas and cause diabetes.

Let's take a brief look at arthritis. Osteoarthritis is a degenerative joint disease characterized by pain, heat and swelling. Rheumatoid arthritis is a systemic disease of unknown origin with similar symptoms.

Rheumatoid arthritis is thought to be related to the invasion of the joints by circulating immune complexes and the autoimmune reactions that occur as a result. By interrupting the immune complexes and causing their elimination from the body, enzymes—particularly protease, bromelain, and lipase—can be extremely beneficial in reducing symptoms and restoring a balanced life.

Enzyme therapy, in conjunction with N.A.E.T. treatments for allergies, can also benefit those with osteoarthritis. In particular, the focus is on allergies to foods that have an acid by-product such as meats, nightshade family vegetables, certain fruits, and sugars.

Bacteria and parasites are also treated as an allergy in working with arthritis and other joint problems. Enzymes that digest proteins and sugars can also be helpful as can lipase (for fats) and protease. Lipase also helps soothe the inflammation.

Research into enzyme therapy is ongoing. Dr. Cutler has been working closely with scientists and with the aid of the "BEST" technology they are discovering more and more uses for specific enzymes and their application for therapeutic purposes.

A relatively new development in producing enzyme supplements from fungal sources has proven to be very advantageous compared to previous sources from animals and plants.

Animal enzymes are only active in a very specific pH range and may be inactive if the pH is too acidic. They require very high doses for effectiveness. They can present a problem for vegetarians and in some sensitive people there may be an underlying allergy to the source of the enzyme. Plant enzymes are very complex in their growth and much more difficult to develop special strains.

These newer fungal enzymes can tolerate a broad range of pH and are active throughout the entire digestive process. They are more potent due to their longer length of activity, thus lower doses are required for treatment. Because they can be developed from a broad variety of substrate (protein, carbohydrate, fat and fiber) there are many enzymes to choose from and it is easy to develop new strains.

Again, Western science is leading the way in developing new and more effective applications of enzyme therapies.

Before leaving the subject of enzymes let me caution you on the quality of enzyme supplements. Enzyme effectiveness is dependent on activity, not concentration. Standard measurement of activity is according to the Food Chemicals Codex which is the accepted measurement standard of the FDA. So you need to know that potency cannot be guaranteed by milligram measurement, only by activity units. Weight does not equal potency.

There is one other thing that I would like to make clear. Probiotics, such as lactobacillus acidophilus are not digestive enzymes. They are "friendly" bacteria to help normalize the G.I. tract.

### **BioSET--Putting It All Together**

Most "orthodox" medicine, both human and veterinary, tends to be based on a "one size fits all" approach. That is, here are the symptoms, here are the treatments for those symptoms. Holistic practitioners have long recognized that there is so much diversity in each individual body that this form of mass production medicine is not appropriate in many instances.

The challenge to the holistic practitioner has always been to identify all of the various factors that must be considered with each individual patient to arrive at a treatment protocol specifically designed to meet the needs of that particular body.

Dr. Cutler's BioSET system, utilizing the precision capabilities of the BEST computerized equipment, goes a long way towards answering this challenge.

The following is a summary of the sensitivity testing done in the first stages of BioSET:

- ◆ **Organs:** Ileocecal Valve, Lymph, Lung, Stomach, Urinary Bladder, Spleen, Small Intestine, Skin, Liver, Kidney, Heart, Pancreas, Gall Bladder, Prostate, Uterus, Bronchus, Colon (ascending, descending, transverse), Sinus (frontal, paranasal, maxillary ethmoidal, sphenoidal), Scar Tissue, Corpus collosum.
- ◆ **Systems:** Cardiovascular, Parasympathetic, Vascular, Vasomotor, Central Nervous, Genital, Genitourinary, Hematopoietic, Peripheral Nervous, Respiratory, Reproductive, Reticuloendothelial, Circulatory, Digestive, Skeletal, Endocrine, Integumentary, Urinary, Autonomic Nervous, Extrapyramidal Motor, Cytochrome Transport, Lymphatic, Lymphreticular, Sympathetic.
- ◆ **Glands:** Parotid, Parathyroid, Adrenal (ortex, medula), Thymus, Thyroid, Pineal, Pituitary (anterior, posterior, intermediate lobes), Gonad, Hypothalamus.
- ◆ **Immune Boosters:** Interferon, Prostaglandin, Bone Marrow, Lymphocytes, Leukotrienes, B Cells, B cell Growth Factor, T Lymphocytes, T Cell Immunity, T4 Lymphocytes, Basophils, Macrophages, Neutrophils, IgB, IgE, IgG, Thymopoietic, CIC, Interferon, Interleukin, Eosinophils, Monocytes, Stem Cells, Kupffer Cells, Cytokines.

- ◆ **Enzymes:** HCl, Lactase, Maltase, Papain, Pancreatin, Cellulase, Pepsin, Chymotrypsin, Lipase, Ribonuclease, Amylase, Potassium Bicarbonate, Bromelain, Protease, Trypsin, Ptalin.

This initial battery of tests, along with a questionnaire that the patient fills out, is analyzed to determine where the body is out of balance and where help may be needed to detoxify and drain the system.

Another set of sensitivity tests is run to determine any autoimmune or allergy problems. This includes: Amino Acids, Phenolics, Minerals, Vitamin C, Bioflavanoids, the B vitamins, Sugars, Sugar metabolism, Fatty acids, Fat digestion, Vitamin D, A, E, and K, Bacteria, Virus, Parasites, Mold, Fungi, Hormones, Metals, Radiation, X-Ray, TV, Laser, Microwave, Ultraviolet and Infrared Rays, Inhalants, Foods, Insects, Drugs, Heat, Cold, Wind, Dampness, DNA, RNA, Acid, and Base.

I think you will agree that once these factors are all considered that a near complete picture of the current health status of a particular individual can be determined.

### **Treatment**

One of the major advantages of the BioSET system is that all treatments are non-invasive and relatively simple.

From Voll's work we know that a substance in close proximity to the body can affect the energy meridians of the body. From modern research we know that the energy pattern of a substance can have the same affect as the substance itself. Thanks to the advancement in technology, the precise energy pattern of any physical substance can be transferred and imbedded into a small vial of sterilized water.

From Dr. Nambudripad's work we know that a simple acupressure treatment down the length of the spine, while holding a vial of a specific substance, can reprogram the system for the benefit of the body.

From Dr. Cutler's work we know that we can combine the powerful effects of energy medicine with specific enzyme supplements to enhance the physical operation of the body.

We know that poor digestion is often a key underlying factor in causing a compromised immune system. If the system is so busy dealing with food (i.e. antigen/antibody reactions) eventually it becomes depleted and can't deal with infections. Thus we know that absorption of adequate nutrition will play a major role in regaining homeostasis.

Commonly, the very first treatment that is done is to balance and detoxify the organs. With animals this can often be done with a single treatment using a vial that contains the complete range of organs with the acupressure procedure, and also giving supplements to aid in the drainage and detoxification process. Dr. Cutler has found that if a vial is made containing a drop or two of blood from the patient and using this in combination with each treatment, it helps the process considerably.

Sometimes there is a particularly strong food allergy in the body and this may also have to be treated in the early stages of the protocol or avoided until it can be treated. Otherwise, the usual procedure is to follow the organ treatment with treatments for the Systems, Glands, Immune boosters, and Enzymes. If the sensitivity testing reveals a particularly extensive weakness in a given area then it is usual to treat this separately.

After each treatment a follow up sensitivity test is done to evaluate both the effectiveness of the treatment and the changed status of the body. This will determine the next treatment that is necessary.

Dr. Cutler has found that by applying this order of treatment, it is common to find that many of the food and other allergies that showed up on the initial tests, are gone. For those that remain, additional individual treatments are necessary for allergy elimination.

When considering a protocol for treating an identified disease, all of these factors are taken into account. After many years of clinical experience, Dr. Cutler has determined the underlying causes of many maladies and designed specific protocols that need to be emphasized in their treatment. Her success ratio would have made the ancient Chinese healer envious of her performance.

### How You Can Take Advantage of BioSET

Although BioSET was developed over many years, Dr. Cutler has only been teaching it to others for the last couple of years. In addition the BEST computer system is still relatively costly (not suitable for mass merchandising). Thus at this time you may have difficulty in locating a trained practitioner, with the equipment, in your area.

I had the opportunity to talk to Dr. Cutler after the regular session, and explained the N.A.E.T. work we have been doing by using hair samples and kinesiology (muscle testing) to perform the testing. I asked her if testing the hair would be an effective method of utilizing BioSET to help our clients treat their own animals at home. I explained that this was the only way we could help people from a distance. She told me she could see no reason why this would not be a good solution to the distance problem. She fully agreed that it should be just as effective in using BioSET as it is in using N.A.E.T.

Together, we consulted with the BEST computer system people that were attending the seminars and with a little encouragement from Dr. Cutler, they "unofficially" agreed that the equipment could be used in this fashion. (Their slight reluctance to confirm this "officially" is because it is not described in their FDA registration documents.)

Needless to say, when I returned home I was excited about the vast potential of all that I had learned at the training seminars. After lengthy discussions with my family (my father the ex-accountant got a little hung up on the price of the equipment) we decided to make the commitment and purchase the BEST computer system. (8)

When it arrived, I couldn't wait to get started. As usual I used my family (both humans and dogs) as my guinea pigs and I am very happy to report that the equipment is a superb sensitivity-testing tool using hair samples.

I also brought in a broad variety of enzymes, recommended and used by Dr. Cutler. As a result I am confident that I will now be able to help you to help yourself and your animals to use BioSET no matter where you live.

We have prepared a full set of instructions (with diagrams) on how to apply the acupressure technique at home. We will supply the necessary vials (on loan) for each treatment from here. The technique is easy to learn and can be applied by almost anyone.

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Before I close this special report, let me pass along a very unique procedure that you can use at home to ward off an infection. As we are in the season where colds and flu bugs are common, try this at the first signs of catching something. Your family may think you're crazy but do it anyway.

- ◆ Have the (suspected) patient spit into a clear glass. The spittle will contain some of the infectious agent. It's important that you get enough spittle into the glass to ensure that it contains some of the infecting microbe. If in doubt—more is better.
- ◆ Have the patient lay flat on the floor while holding the glass in his/her hand.
- ◆ Apply the NAET acupressure technique. If you visualize closing your hand with your thumbs extended (the old Siskle and Ebert two thumbs up sign) you will have a picture of your hands. Starting at the base of the neck of the patient, place your thumbs on the patient, approximately  $\frac{1}{2}$  inch on either side of the vertebra (spine). With deliberate and firm pressure, the thumbs are pressed directly into the back at each vertebra site all the way down the spine. The procedure is then repeated with the thumbs placed some 1 and  $\frac{1}{2}$  inches from the spine rather than only the  $\frac{1}{2}$  inch used for the first pass.
- ◆ The patient continues to hold the glass for fifteen minutes after the acupressure treatment.
- ◆ During this fifteen-minute waiting period, the patient should be by themselves, preferably sitting or lying quietly without distractions.
- ◆ Remove the glass from the patient and wash it. That completes the acupressure treatment. The immune system will now be stimulated to fight the invader.

As a supplement, give the patient three tablets of Bao-Xing twice daily. This is an excellent anti-bacteria, anti-viral, anti-inflammatory, Chinese herbal formula.

If you can catch the symptoms early enough (this is most important) then the combined treatment can stop an infection in its tracks!



Well, that's it for this special issue gang. From all of us here we wish you and yours the very best for a happy and healthy holiday season. Take care out there.